OSMOSIS SPA

SPA-ETIQUETTE TIPS

Arrive 15 min early

Arriving 15 minutes early for a spa ensures time to check in, relax, and prepare for your treatment stress-free.

Turn off your phone

Unplugging your phone at the spa enhances relaxation, fosters mindfulness, and ensures a distraction-free, rejuvenating experience for everyone.

Communicate preferences

Stay hydrated in a spa by drinking water regularly, especially after heat treatments, to replenish fluids and maintain wellness.

Stay hydrated

Communicating in a spa should be calm, respectful, and quiet, focusing on relaxation, clear requests, and appreciation for tranquil surroundings.

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